

## **Life Guard Training**

**CAC** -March 5 thru March 23  
(Mon., Thurs, & Fri.)  
6-9:30 pm

**CAC** -April 9 thru April 27  
(Mon., Thurs., & Fri.)  
6-9:30 pm

**CAC** -April 30 thru May 18  
(Mon., Thurs, & Fri.)  
6-9:30 pm

**MVAC** -March 6 thru March 29  
(Tues & Thurs)  
6-10 pm

**MVAC** -April 10 thru May 4  
(Tues & Thurs)  
6-10 pm

**SCAC** - March 5 thru March 17  
(Mon, Tues, Wed & Thurs)  
5-9 pm

**SCAC** - April 9 thru April 21  
(Mon, Tues, Wed & Thurs)  
5-9 pm

**WCAC** -February 14 thru March 15  
(Tues & Thurs)  
6-9:30 pm

**WCAC**—April 9 thru May 9  
(Mon & Wed)  
6-9:30 pm

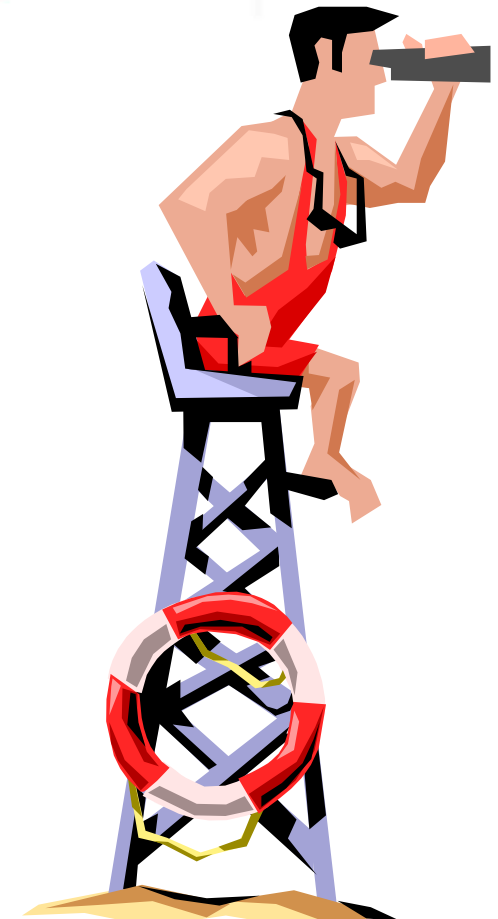


*Cobb County...Expect the Best!*

## **AQUATIC SCHOOL 2012**



**American  
Red Cross**



**LIFE GUARD TRAINING with  
FIRST AID & CPR TRAINING**

The American Red Cross Lifeguard Training Program includes Standard First Aid (S.F.A.), Lifeguard Training (L.G.T.), and Cardio-Pulmonary Resuscitation for the Professional Rescuer/Automated External Defibrillator (CPRO/AED). All three certifications last for two years and are required to complete the program.

### **CPRO Re-certification**

CAC - Wednesday - March 28, 2012—6 to 10 pm

CAC - Wednesday - April 18, 2012—6 to 10 pm

CAC - Tuesday - May 15, 2012—6 to 10 pm

CAC - Thursday - May 24, 2012—6 to 10 pm

MVAC - Thursday - April 5, 2012—6 to 10 pm

MVAC - Tuesday - May 8, 2012—6 to 10 pm

CPro requires that each student have a text book & a pocket mask . A pocket mask will be provided at no extra charge. A CDR containing the textbook will also be available.

### **Cost for CPro \$75.00**

\$56.00 must be paid to CCPRACAD prior to the first night of class. Once the student successfully completes all course requirements, a \$19.00 check must be made out to the American Red Cross and turned in on the final night of class.

***There are several criteria that a student must meet at the start of the class in order to continue with the program. These are as follows:***

- Students must be 15 years old or older before the final night of class.
- Students must be able to swim 300 yards (6 laps / 12 lengths) continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- Starting in the water, students must be able to swim out 20 yards, retrieve a 10 lb. brick from 7 to 10 feet of water and swim the brick back 20 yards to the starting point and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Students must be able to tread water for two consecutive minutes using only their legs. The students hands must be under the armpits.

***To pass lifeguard training, each student must complete each of the following as required by the American Red Cross:***

- Attend **ALL** classes.
- Pass a written final exam with 80% or better based on material covered in class as well as assigned reading in the provided textbook.
- Pass water scenarios given on the final meeting of class.

*Students must register in person at each facility and must complete the pre-requisite swim requirements before registering. There is no online registration for Red Cross classes.*

*For further information please contact the aquatic center that is hosting the class that you are signing up for to make an appointment for your swim test..*

### **FACILITY PHONE NUMBERS**

Central Aquatic Center (CAC)

(770) 528-8465

Mountain View Aquatic Center (MVAC)

(770) 509-4925

South Cobb Aquatic Center (SCAC)

(770) 739-3180

West Cobb Aquatic Center (WCAC)

(770) 222-6700

### **Cost for Life Guard Training \$200.00**

\$165.00 must be paid to CCPRACAD upon completion of the course swim requirements prior to the first night of class. Once the student successfully completes all course requirements, a \$35.00 check must be made out to the American Red Cross and turned in on the final night of class.

